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1. A method of operating a receiver, comprising energising the receiver, detecting the presence of a carrier signal, de-energising the receiver if the carrier signal is not detected, maintaining energisation of the receiver if the carrier signal is detected, detecting if the received signal is decodable, de-energising the receiver if the signal is not decodable and if it is decodable, decoding the signal.
2. A method as claimed in claim 1, characterised by measuring the received signal strength indication(RSSI) as a means for detecting the presence of the carrier signal.
3. A method as claimed in claim 1 or 2, characterised by measuring signal quality as a measure for determining if a signal is decodable.
4. A communications system comprising a primary station having a transmitter for transmitting a signal and at least one secondary station having a receiver for receiving signals from the primary station, the receiver comprising signal receiving means, means for detecting the presence of a received signal, means for detecting the quality of the received signal and power control means for de-energising the receiver if the presence of a signal is not detected or the quality of the signal is unacceptable.
5. A system as claimed in claim 4, characterised in that means for determining the received signal strength indication(RSSI) is coupled to the signal receiving means.
6. A receiver comprising signal receiving means, means for detecting the presence of a received signal, means for detecting the quality of the received signal and power control means for de-energising the receiver if

the presence of a signal is not detected or the quality of the signal is unacceptable.

7. A receiver as claimed in claim 6, characterised in that means for
5 determining the received signal strength indication(RSSI) is coupled to the
signal receiving means.

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